

# **Falafel**



Recipe by Karina

1 tsp. coriander

(optional)

1 tsp. salt



- 1 can chickpeas (1 1/2 cup cooked), drained and rinsed
- 4 cloves garlic, minced
- 1 lemon, juiced (2 Tbsp.)
- 1 green onion
- 1 cup fresh cilantro
- 1/2 cup fresh parsley
- 1/2 tsp. baking powder
- 1 tsp. cumin



#### Directions (O)



Yield: 3 servings

Serving Size: 3 Falafel

Total Cost: \$3.34

Serving Cost: \$1.11

- Preheat oven to 375°F and line baking sheet with parchment paper.
- 2. Chop cilantro, parsley, and green onion.
- 3. Add all ingredients to a bowl and mash together with a potato masher or fork until you are able to form balls.
- Roll mixture into 8 ping pong sized balls.
- 5. Place falafels onto lined baking sheet and bake 25-30 min, flipping half way through baking.

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### Directions 10



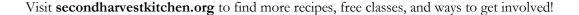
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### **Fast Facts**





#### Featured Food Groups









# Cooking Tips



- For drier falafel: roast chickpeas in a hot frying pan to remove some moisture or use dried chickpeas, soaked overnight.
- For pan fried option: put a small amount of olive oil in a frying pan and roll the balls around until they are browned.
- To substitute dried herbs for fresh, reduce measurement by 1/3.

<b>Nutrition F</b>	acts
3 servings per container	
Serving size	3 falafe
Amount Per Serving	4 = 0
Calories	150
	% Daily Value
Total Fat 2.5g	39
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 780mg	349
Total Carbohydrate 27g	109
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 117mg	89
Iron 3.78mg	20%
Potassium 376mg	8%

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## **Fast Facts**



day is used for general nutrition advice.



#### Featured Food Groups









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#### **Nutrition Facts** 3 servings per container Serving size 3 falafel **Amount Per Serving** 150 Calories Total Fat 2.5g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 780mg 34% **Total Carbohydrate** 27g 10% Dietary Fiber 7g 25% Total Sugars 5g Includes 0g Added Sugars 0% Protein 8g 16% Vitamin D 0mcg Calcium 117mg 8% Iron 3.78mg 20% Potassium 376mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice